

SELF-CARE

Prescription Medicines and You

Take part in your treatment decisions. Do not be afraid to ask questions and talk about your concerns. You may want to write down questions to ask at your next visit. By taking a moment to ask questions now you may avoid problems later.

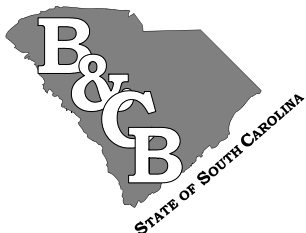
Here are some points to cover each time a new medicine is prescribed.

Ask Your Doctor:

- About all parts of your treatment, including diet changes, exercise and medicines.
- About the risks and benefits of each medicine or other treatment you might get.
- How often you or your doctor will have to check your medicine's effects. For example, this means checking your cholesterol level if you are taking a medicine to lower it.

Tell Your Doctor:

- About all the medicines you are already taking. This includes prescription medicines and the medicines you buy over the counter, like aspirin or laxatives. Then your doctor can avoid giving you a new medicine that may not work well with one you take now.
- About what is important to you about your medicines. You may want a medicine with the fewest side effects, or the fewest doses to take each day. You may care most about cost, or how the medicine might affect how you live or work. Or, you may want the medicine your doctor believes will work the best. Telling your doctor will help him or her select the best treatment for you.
- If cost is a concern. There may be a generic drug or another lower cost medicine you can take.
- If you have any medicine allergies or if you have had troubling side effects from a medicine.
- If you are or might become pregnant, or if you are nursing a baby.
- About any illnesses or problems for which another doctor or health professional is treating you.



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